Super Sizing

The Inexpensive Way To Gain Weight

"The name of products contained in this briefing does not imply AF or DOD endorsement"

True Life: Super Size

Getting a deal, but twice the meal

It's too good to be true

Everything CAN fit

Portion control is the key

How Many Calories Do You Need?

If You Are:	Male	Female
Trying to lose weight	1500-1800	1200-1500
Trying to maintain weight	1800-2000	1500-1800

Active add 200 –300 calories to the above category that applies to you

** Active: a minimum of 3 days per week of 30 – 60 minutes of aerobic activity

Start your day off- the right way?

Caffe Mocha, Venti (20 fl.oz.)	
Total Calories	490 kcal
Total Fat	26 g

Caffe Mocha, Tall (12 fl.oz.)	
Total Calories	340 kcal
Total Fat	19 g

Cinnabon

Cinnabon, 1 regular	
Total Calories	**670 kcal**
Total Fat	**34 g**

Cinnabon, 1 minibon	
Total Calories	**300 kcal**
Total Fat	**11 g**

Can you gulp the gulp??

Super Big Gulp (44 fl.oz.)	
Total Calories	**550 kcal**

Regular Gulp (20 fl.oz)	
Total Calories	**250 kcal**

Down with the King!

Reese's Peanut Butter Cups, King Size	
Total Calories	460 kcal
Total Fat	26 g

Reese's Peanut Butter Cups, Regular Size	
Total Calories	230 kcal
Total Fat	13 g

The Sin of Super Sizing

Quarter Pounder with Cheese Meal – Super size	
Total Calories	**1,560 kcal**
Total Fat	**58 g**

Cheeseburger Meal - Medium	
Total Calories	**990 kcal**
Total Fat	**36 g**

And for dessert…

Hot Fudge Sundae, 3 Scoop	
Total Calories	800 kcal
Total Fat	50 g

Mint Chocolate Chip Cone, 1 scoop	
Total Calories	270 kcal
Total Fat	16 g